

# Counselling Services



- Personal Counselling
- Group Counselling
- Strategies & Skills for Academic Excellence

University  
of Regina

## WELCOME TO COUNSELLING SERVICES!

The following is an overview of our services and resources. Please feel free to contact us if you would like more information.

### PERSONAL COUNSELLING

Confidential counselling/therapy is available for assistance in managing a broad range of personal problems. For example:

- anger management
- anxiety and panic
- assertiveness
- body image
- depression
- disordered eating
- grief and loss
- life events and transitions
- relationship conflicts
- self-esteem
- stress management

### GROUP COUNSELLING

Several short-term groups are offered during the year. The schedule varies each semester and may include groups on:

- assertiveness training
- body image
- disordered eating
- group psychotherapy
- procrastination
- self-esteem building
- stress management

Contact us for the current group schedule.

## STRATEGIES & SKILLS FOR ACADEMIC EXCELLENCE

Refine your learning skills for studying more efficiently and effectively. Increase confidence, and better meet course workloads, university standards and your academic goals. Reduce anxiety associated with examinations and presentations.

A series of workshops is offered each Fall and Winter semester and covers various learning topics:

- critical thinking
- exams and exam anxiety
- memory techniques
- note taking and reading
- oral presentations
- procrastination
- stress management
- time management

Workshop details can be obtained at the Student Success Centre (RC 230).  
306-585-4076  
[www.uregina.ca/urguarantee/events](http://www.uregina.ca/urguarantee/events)

## CONFIDENTIALITY

Counselling Services provides confidential services in accordance with the principles of the Canadian Code of Ethics for Psychologists.

Information shared in counselling is confidential, including the fact that you have come for counselling. Personal information is not released to University officials, faculty members, parents or outside agencies without your written permission.

There are a few ethical and legal limitations to confidentiality that the counsellor will discuss with you during the first meeting.

## Fees

There is no cost for counselling. Small fees may apply for some assessment inventories and materials provided at workshops.

## Appointments

To make an appointment, drop by the Student Success Centre, Riddell Centre 230, or give us a call at 306-585-4491.

## Office Hours

8:15 a.m. to 4:30 p.m. Monday through Friday. Other times may be arranged on an individual basis.

## Emergency Services

After hours, contact Mobile Crisis Services at 306-757-0127

Counselling Services  
251 Riddell Centre  
Student Affairs  
University of Regina  
Regina, Saskatchewan  
S4S 0A2  
Phone: 306-585-4491  
Fax: 306-585-5172

[www.uregina.ca/counselling](http://www.uregina.ca/counselling)

